

DOCUMENT RESUME

ED 385 793

CG 026 297

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TITLE When Parents Have Problems: A Book for Teens and Older Children with an Abusive, Alcoholic, or Mentally Ill Parent.
REPORT NO ISBN-0-398-05989-6
PUB DATE 95
NOTE 79p.
AVAILABLE FROM Charles C. Thomas, Publisher, 2600 South First Street, Springfield, IL 62794-9265 (\$31.95 cloth, ISBN-0-398-05989-6; \$18.95 paper, ISBN-0-0398-05990-X).
PUB TYPE Books (010) -- Guides - General (050)
EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS Adolescents; Alcoholism; *Child Abuse; Child Neglect; *Child Welfare; Emotional Problems; *Family Problems; Family Violence; *Parent Child Relationship; Parent Influence
IDENTIFIERS Children of Alcoholics

ABSTRACT

This book was written for teenagers and older children who have abusive, alcoholic, or mentally ill parents. Emphasis is placed on young people in such situations using their intelligence, understanding that parents are fallible, viewing the future with optimism, facing reality, and seeing the good in other people rather than assuming everyone possesses the same shortcomings as their unhealthy parent. The book is divided into 13 chapters: (1) Getting Started; (2) Selfishness--whether taking care of yourself is selfish or not; (3) Mistreatment--how and why parents mistreat children; (4) When Parents Are in Pain; (5) When Parents Cause Pain; (6) Big-Time Feelings--such as guilt, rage, and shame; (7) Troubled Parents and Ordinary Teen Life; (8) Scapegoating; (9) Too High a Price to Pay? Choosing Your Parent Over Yourself; (10) Power Struggles; (11) Why Parents Have Problems; (12) Professional Help: When and How to Get It; and (13) Finishing Up. (JE)

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